



February 2014

# BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

## HEALTH PROMOTION

# Interpersonal Relationship Awareness

I SAY NO MORE BECAUSE *domestic and sexual violence cripples and destroys lives and families.*

I SAY NO MORE BECAUSE *I want to help educate my friends, my family, and help stop this epidemic.*

I SAY NO MORE BECAUSE *All men can stand up-show up and speak out to end all forms of violence.*

I SAY NO MORE BECAUSE *I was sexually abused as a child. I am 1 of 42,000,*

I SAY NO MORE BECAUSE *how we teach our children can help make this the last generation to tolerate abuse.*

I SAY NO MORE BECAUSE *every person has the right to be treated with dignity.*

I SAY NO MORE BECAUSE *NO ONE should be silenced by the shame and fear created by domestic violence and sexual assault.*

### In This Issue

- 2 Unhealthy interpersonal relationships
- 3 Teen Dating Violence
- 4 Sexual Health
- 5 Let's Move!
- 6 Health Promotion Services
- 7 Meet our staff
- 8 Calendar

**Contact Us:** USNH Health Promotion, Fleet Recreation Center, Room 323

Monday to Friday 0800-1600 HP@med.navy.mil or DSN 243-9776/046-816-9776

# Unhealthy Interpersonal Relationships

U.S. Naval Hospital Yokosuka



Health Promotion  
HP@med.navy.mil

*Those who have reported being emotionally, physically or sexually abused have a higher correlation to the following issues: Substance abuse, Eating disorders, Low self-esteem, Promiscuity and risky sexual behavior-Sexually transmitted diseases, Domestic violence, and suicide attempts.*

## Domestic Violence: Ending an abusive relationship and where to find help.

### Provided by: Military OneSource

If you're the victim of domestic abuse, you may have thought for months or years about leaving the relationship. But leaving is scary, and it's hard to do. Victims often feel trapped and very much alone. They may fear for their own and their children's safety. Or they're financially dependent on the abuser and may have no means of support. Within military families, victims are also likely to be far from their support system of family and friends back home.

Victims who need to get out of an abusive relationship can get support from the military, but they also need help and encouragement from friends, relatives, co-workers and trusted professionals. With planning and support, you can build a healthy and safe new life for yourself and your children.

[For more information go to: <http://www.militaryonesource.mil/abuse>](http://www.militaryonesource.mil/abuse)



Military OneSource is provided by the Department of Defense at no cost to active duty, Guard, and Reserve service members (regardless of activation status), and their families. It is a virtual extension of installation services. Visit [www.militaryonesource.mil](http://www.militaryonesource.mil) today or call 1-800-342-9647.

# February is National Teen Dating Violence Awareness

U.S. Naval Hospital Yokosuka



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HP@med.navy.mil

## Teen Dating Violence

**Provided by: The National Resource Center for Teen Dating Violence Awareness and Prevention**

### What is Dating Violence?

Dating violence is a pattern of abusive behaviors used to exert power and control over a dating partner.

Every relationship is different, but the one thing that is common to most abusive dating relationships is that the violence escalates over time and becomes more and more dangerous for the young victim.

### What Does Dating Violence Look Like?

Teens and young adults experience the same types of abuse in relationships as adults. This can include:

**Physical Abuse:** Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

**Verbal or Emotional Abuse:** Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.

**Sexual Abuse:** Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control.

**Digital Abuse:** Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner. This could include demanding passwords, checking cell phones, cyber bullying, sexting, excessive or threatening texts or stalking on Facebook or other social media.

### For more information visit:

[teendvmonth.org/](http://teendvmonth.org/), sponsored by [breakthecycle.org/](http://breakthecycle.org/) and [loveisrespect.org/](http://loveisrespect.org/)

as a collaborative effort to promote February as "teenDVmonth."



Or

Yokosuka Fleet and Family Support Center  
Domestic Violence Counselor,  
Family Advocacy Program





# Sexual Health

## Interpersonal relationships and your sexual health

**By: LCDR Te'Shara E. Felder**

The World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.<sup>1</sup>

Sexual health education is more than prevention of physical health problems such as sexually transmitted infections, but also positive approaches to relationships.

A holistic approach, with a focus on healthy relationships, is key intervention strategy targeting more healthy behaviors when it comes to sexuality and help to prevent STD and unintended pregnancy, an issue that can be especially important in environments where mistrust and violent relationships are prevalent.<sup>2</sup>

1. [http://www.who.int/reproductivehealth/topics/gender\\_rights/sexual\\_health/en/](http://www.who.int/reproductivehealth/topics/gender_rights/sexual_health/en/)
2. Douglas JM, Fenton, KA. Understanding sexual health and its role in more effective prevention programs. Public Health Rep 2013; 128 Supp 1: 1-4.



HM3 Latoya Watts (SW), Preventive Medicine Technician (PMT) and Leading Petty Officer for the Epidemiology Clinic, Preventive Medicine Department, Directorate for Public Health Services, provides education to HN Kenton Taylor, PMT, discussing sexually transmitted infection prevention.

**Contact: Epidemiology Clinic, U.S. Naval Hospital Yokosuka:** Building E22, First Floor, Room 120, DSN: 243-5026/7625 COMMERCIAL: 046-816-5026/7625  
[NHYokosuka-PreventiveMedicine@med.navy.mil](mailto:NHYokosuka-PreventiveMedicine@med.navy.mil)



# Lets Move!



**Above:** HN Sparks and HN Franklin demonstrate a 5-minute warm-up on the stationary bikes. **Below:** Demonstrating the 30-second Hold Plank.

## Exercise of the month

### PRT PREP CIRCUIT

Exercise	Level 1	Level 2	Level 3
Plank	30-sec Hold	1-min Hold	2-min Hold
Bicycles	10 four-count	20 four-count	30 four-count
Cadence Push-up	10 reps	20 reps	30 reps
Squat Jumps	10 reps	20 reps	30 reps
Shuttle Run	20-yd Shuttle	300-yd Shuttle	400-yd Shuttle

Alternate Exercises (Option 1)	Primary Exercise	Alternate Exercises (Option 2)
"	Plank	"
Basic Crunch	Bicycles	Alt One-Leg Lowering
Push-up on Knees	Cadence Push-up	"
Basic Squat	Squat Jumps	Alt Reverse Lunge
"	Shuttle Run	"

### Directions for use:

1. Circuit is specifically designed for Sailors of varied degrees of fitness & injury status
2. Each exercise (along with proposed alternate exercises) should be discussed and demonstrated prior to.
3. To ensure proper form is used throughout, exercises (both primary & alternate) should also be demonstrated during execution of the circuit.
4. Allow members to decide which exercise and level they wish to perform.
5. All five exercises will be performed in quick succession.
6. Since, Level 1 and 2 exercises are assigned fewer reps and/or time than Level 3, Level 1 and 2 participants are afforded additional rest between exercises. Level 3 participants receive no rest between exercises.
7. Allow 3-5 minutes of rest after each successful completion of the circuit.
8. Repeat 3-5 times.



# Health Promotion Services

## HEALTH PROMOTION PROGRAMS AND SERVICES

**8-WEEK SHIPSHAPE WEIGHT MANAGEMENT**

**HEALTH FITNESS ASSESSMENTS**

**4-SESSION TOBACCO CESSATION CLASSES**

**PREVENTIVE HEALTH EDUCATION / SAFETY STAND-DOWNS**

**Contact Health Promotion today!**

Fleet Rec Center-Rm 323, 243-9776 / 046-816-9776, or [HP@med.navy.mil](mailto:HP@med.navy.mil)



# Meet The Staff



From left to right:

(Top Row) **Paje, Jessica** CIV, *Operations Assistant*; **HM1 Thompson, Trevor**, LPO; **HM2 Duong, Vannak**, *Staff Corpsman*; **Vetrano, Rebecca** CTR, *Health Technician*.

(Bottom Row) **HN Franklin, Myka**, *Staff Corpsman*; **HN Sparks, Daniel**, *Staff Corpsman*.

The Balance newsletter is an official publication of the Health Promotion Department, U.S. Naval Hospital Yokosuka. If you have any comments or suggestions about this publication, Health Promotion events, or programs, please contact our staff at 243-9776 or [HP@med.navy.mil](mailto:HP@med.navy.mil).



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**FEBRUARY 2014**

**Interpersonal Relationship Awareness**

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
<b>14<sup>th</sup> Annual "Crews Into Shape" 4-week challenge will run 2-29 March 2014. Register your crew of 2-10 people by 28 February 2014 as follows:</b> ✓ USNH Yokosuka staff – contact <a href="mailto:HP@med.navy.mil">HP@med.navy.mil</a> ✓ Tenant commands – contact NMCPHC by visiting: <a href="http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/crews-into-shape.aspx">http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/crews-into-shape.aspx</a>						
2	3	4	5	6	7	8
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	SHIPSHAPE SESS #4 1100-1230 *or* 1530-1700 TOB CESS & PREV #1 1300-1400 HFA 1400-1430 YOKOSUKA HPW COMMITTEE MEETING 1530, USNH Bldg E22, Classroom 2F	HFA 0800, 0830, 0900, 0930 & 1000		
9	10	11	12	13	14	15
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	SHIPSHAPE SESS #5 1100-1230 *or* 1530-1700 TOB CESS & PREV #2 1300-1400 HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000		
16	17	18	19	20	21	22
	OFFICE CLOSED George Washington's Birthday	HFA 0800, 0830, 0900, 0930 & 1000	SHIPSHAPE SESS #6 1100-1230 *or* 1530-1700 TOB CESS & PREV #3 1300-1400 HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000		
23	24	25	26	27	28	
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 USS GEORGE WASHINGTON: "In Her Shoes" and "For Ladies Only" 1300-1500	SHIPSHAPE SESS #7 1100-1230 *or* 1530-1700 TOB CESS & PREV #4 1300-1400 HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000	MWR Navy Fitness presents <b>MILITARY SAVES 5K Run</b> 1130 Purdy	

### HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess parameters of your body and provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals and preparing a personalized plan to meet those goals. Initial start-up appointments are available in 1-hr increments Mon, Tues, Thurs 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment!

\*HFA is mandatory for members wanting to seek the guidance of a certified personal trainer.

### USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323

243-9776 / 046-816-9776 / [HP@med.navy.mil](mailto:HP@med.navy.mil)

### TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!